

Amendments to the Specification:

Please amend the specification as follows:

- After the last paragraph on page 15 of the specification, please insert the following paragraph:

It is noted that in one embodiment of the present invention, there is a carbon heating element comprising carbon acting as a good conductor and boron nitride acting as a conductivity-inhibiting material, said boron nitride being uniformly dispersed in said carbon. In another embodiment of the invention, there is a carbon heating element comprising carbon acting as a good conductor and boron nitride acting as a conductivity-inhibiting material, wherein the carbon heating element has a specific resistance of about 4.5 to about $7.5 \times 10^{-3} \Omega \cdot \text{cm}$, said boron nitride being uniformly dispersed in said carbon. In another embodiment of the invention, there is a carbon heating element comprising carbon acting as a good conductor and a metal or a metalliod compound acting as a conductivity-inhibiting material, wherein the carbon heating element has a rectangular cross section, said metal or a metalliod compound being uniformly dispersed in said carbon. In another embodiment of the present invention, there is a method of making a carbon heating element, comprising forming a carbon heating element comprising carbon acting as a good conductor and boron nitride acting as a conductivity-inhibiting material, wherein said carbon is obtained by firing organic substances, said boron nitride being uniformly dispersed in said carbon.